SHAMBHALA - FREE GIFTS OF LIGHT

I AM TENDERNESS

A golden poster of gentle kindness for your wall, your desk or your home

---

DAWN

I AM Tenderness at dawn: my heart wakes gentle, like golden light.

PATH

I AM Tenderness on my path: I walk softly and bless all I meet.

WORDS

I AM Tenderness in my words: I speak gently and lift every heart.

EVENING

I AM Tenderness at rest: I thank the Light for every heart I touched.

I AM TENDERNESS - GENTLE, KIND, IN THE LIGHT